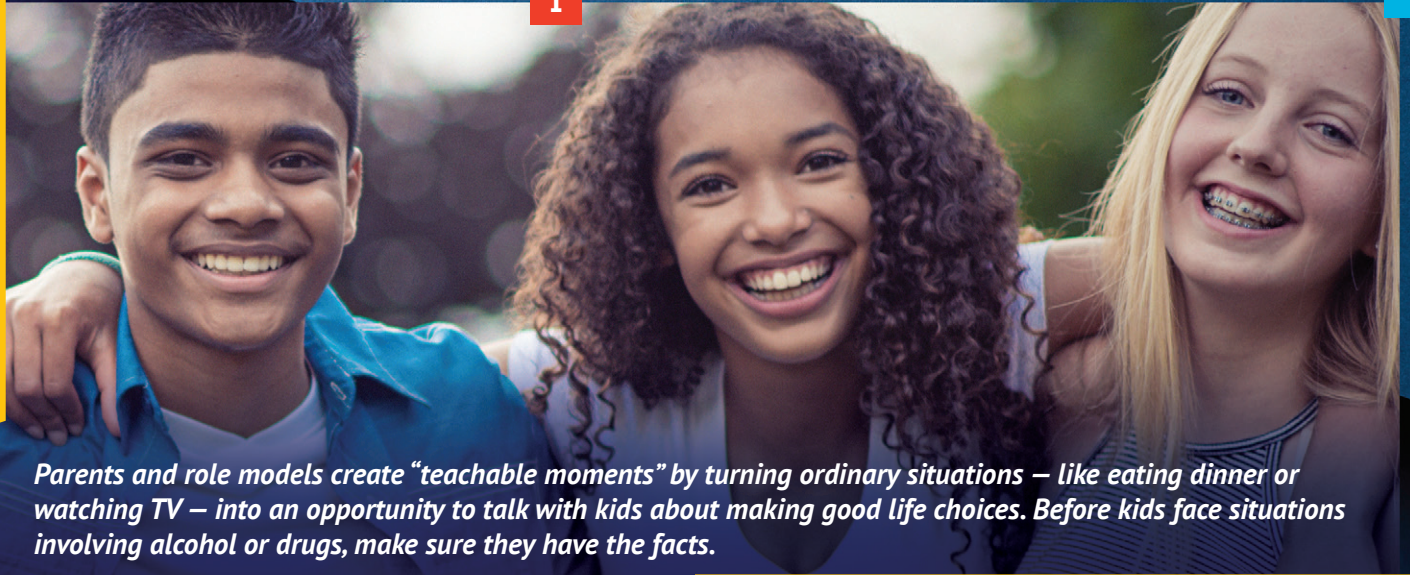


# Facts BATH SALTS



Parents and role models create “teachable moments” by turning ordinary situations — like eating dinner or watching TV — into an opportunity to talk with kids about making good life choices. Before kids face situations involving alcohol or drugs, make sure they have the facts.

**Bath salts are a synthetic product (scientifically known as cathinones) sold as a powder or tablet. They can be swallowed, snorted, smoked or injected.**

Bath salts should not be confused with regular household products such as Epsom salt or the natural minerals mixed into baths. The package might state, “not for human consumption,” “not illegal,” “adults only,” “not for a hot bath” or even “plant food.” These labels are common signs of an illegal substance.

Bath salts are often obtained online. Bath salt use can be treated with therapy and other behavioral interventions. But there is no medication available to treat the effects of bath salts.



## Street Names:



- Bloom
- Blue Silk
- Cloud 9
- Flakka
- Hurricane Charlie

- Ivory Wave
- Lunar Wave
- Ocean Snow
- Red Dove
- Scarface

- Vanilla Sky
- White Lightning
- Zoom



## The Effects of Bath Salts

Bath salts are considered a stimulant. Severe short-term side effects can start within 15 minutes of use and last 4–6 hours:

- Sweating and nausea
- Extreme paranoia, delusions or hallucinations
- Confusion and agitation
- Combative or violent behavior
- Hypertension and nosebleeds
- Increased heart rate and chest pain
- Suicidal thoughts

Medical professionals do not yet know the long-term effects of bath salts, but intoxication might cause death.

## Use of Bath Salts Among Youth

Bath salts are illegal across the United States and are used by less than 1 percent of teens, usually those who are already using another substance. Over the past few years, because of police and government activity, the availability of the substance has gone down along with the number of people seeking medical help after use.

In 2011, almost 23,000 people nationwide visited the emergency room because of bath salt use. From January 2010 to May 2012 in Texas:

- More than 400 people called the Texas Poison Center Network after using bath salts.
- Thirteen percent of callers were younger than 20.
- Almost 75 percent of callers were male.



## Getting Help

Keep an eye out for any behavior changes that might be signs of drug use (see *“How to Talk to Kids”* to learn more).

If you think your teen is using bath salts, talk to them and get help, if needed. If you know your teen is intoxicated, contact **Poison Control** at **800-222-1222**.

Contact your local Prevention Resource Center to learn more:  
[hhs.texas.gov/prevention-resource-centers](https://hhs.texas.gov/prevention-resource-centers)

**Sources:** National Institute on Drug Abuse, National Institutes of Health and U.S. Department of Health and Human Services 2010–2012 Texas Poison Center Network Statistics • Drug Enforcement Administration

The Teachable Moments series provides parents and role models information they can use to talk with kids about substance abuse. To learn more, visit **DrugFreeTexas.org**.



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